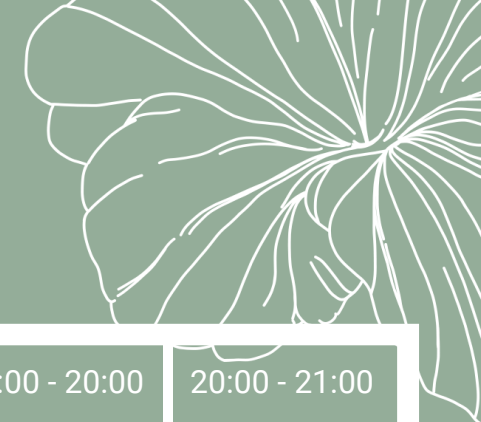




OPEN CLASS SCHEDULE

from 1 January 2020



	7:00 - 9:00	9:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00
Mon	8:30 - 9:30 Vinyasa 2-3 L. Polesná			11:30 - 12:30 Yoga gently 0-4 N. Maio			15:30 - 16:30 Course teen 11-15		17:00 - 18:00 Slow vinyasa 1-3 L. Lustigová	18:15 - 19:15 Power yoga 2-4 I. Doleželová	19:30 - 20:30 Yoga gently 0-4 I. Romanovská	
Tue	7:15 - 8:15 Morning yoga H. Ambrožová	9:00 - 10:00 Course 1-2		10:30 - 11:30 Onko yoga free J. Janešová	11:45 - 12:45 Course 2-4			15:45 - 16:45 Course backcare	17:00 - 18:00 Vinyasa 1-4 I. Romanovská	18:15 - 19:30 Ashtanga course 1-4	19:45 - 20:45 Yoga gently 1-3	
		8:45 - 9:45 Power yoga 2-4 H. Ambrožová							17:15 - 18:15 Y. gently 0-4 I. Zemanová		19:30 - 20:30 Course Feldenkrais	
Wed		8:45 - 9:45 Hatha yoga 0-3 D. Pojezná			11:30 - 12:30 Lunch yoga 0-4 I. Romanovská		14:45 - 15:45 Course teen 11-15	16:00 - 17:00 Course 0-2		17:15 - 18:15 Slow vinyasa 1-3 L. Lustigová	18:30 - 19:30 Backcare 0-4 L. Polesná	19:45 - 20:45 Iyengar yoga 1-4 R. Dušek
		9:00 - 10:00 Course 0-2										
Thur	7:15 - 8:15 Morning yoga H. Ambrožová	9:00 - 10:00 Yoga gently 0-4 D. Pařízková			12:00 - 13:00 Slow vinyasa 1-3 J. Janešová				17:00 - 18:00 Y. gently 0-4 S. Zemanová	18:15 - 19:15 Power yoga 2-4 I. Jindráková	19:30 - 20:30 Yoga gently 0-4 I. Jindráková	
								16:30 - 17:30 Vinyasa 1-4 I. Miždochová		17:45 - 19:00 Balancing Yin&Yang ENG 1-3 I. Martinez	19:15 - 20:15 Yin yoga ENG I. Martinez	
Fri		8:30 - 9:30 Course 0-2			11:30 - 12:30 Backcare 0-4 L. Polesná				17:00 - 18:00 Friday yoga			
		8:45 - 9:45 Hatha jóga 0-3 D. Pojezná										
Sat		9:00 - 10:00 Saturday yoga										
Sun										18:30 - 19:30 Sunday yoga		



ENG classes



ENG friendly



Czech classes